

**ABSTRACT OF THE DISCLOSURE**

A gliding chair unit includes an upper frame mounted slidably on a base frame. A footrest panel is fixed to the base frame. Left and right cushioning members are respectively mounted on left and right sides of the footrest panel. A gliding mechanism is coupled to the base and upper frames, and includes left and right rails units, each of which includes front and rear rails mounted on the upper frame. When the upper frame moves to a left position, the right cushioning member collides against the front and rear rails of the right rail unit. When the upper frame is moved to a right position, the left cushioning member collides against the front and rear rail of the left rail unit.